For confidential text message support:

Text the keyword "Safe" to 20121

Hours:
4pm - 11pm, 7 days a week

At this time text services are only in English. Text message rates apply.

The Teens for Life Program is supported by Alameda County Behavioral Health Care Services through the Mental Health Services Act.

For 24-Hour support, call one of our free and confidential Crisis Lines:

1-800-309-2131
Crisis Support Services of Alameda County

1-800-273-TALK (8255)
National Suicide Prevention Lifeline

Interpretation Services Available

Servicio de intérprete disponible

提供口译服务

提供口譯服務

خدمات ترجمه شفاهی در دسترس است

Có dịch vụ thông dịch sẵn sàng phục vụ quý vị

TTY

Teens FOR Life

CRISIS SUPPORT SERVICES
of Alameda County

© Crisis Support Services of Alameda County

Warning Signs of Depression

- Feeling sad or empty
- Feeling angry, irritable, short-tempered
- Lack of interest in usual activities or hobbies
- Sudden weight loss or gain
- Suddenly sleeping a lot or very little
- Restless
- Loss of energy
- Feelings of worthlessness
- Feelings of hopelessness
- Unable to think or concentrate
- Decrease in physical hygiene and self care
- Withdrawing from friends

Get help now for a friend if you see any one or a group of the above warning signs for a period of two weeks or more.

Warning Signs of Suicide

Call 9-1-1 or seek immediate help from a mental health provider, or any other trusted adult if you see any of the following in a friend:

- Threatening or talking about wanting to kill or hurt themselves
- Looking for ways to kill themselves
- Talking or writing about death or suicide

Seek help by contacting a mental health provider, a crisis line, or trusted adult if you see any of the following in a friend:

- Hopeless
- Rage, uncontrolled anger
- Acting reckless
- Feeling like there is no way out
- Increased drug or alcohol use
- Withdrawing from friends, family and/or society
- Anxiety or inability to sleep
- Dramatic mood changes
- No sense of purpose in life
- Giving away favorite possessions

How To Help a Friend

If you see these signs of depression and suicide in a friend, it may be your friends's way of calling out for help. Show you care by doing the following:

ASK DIRECTLY

Ask directly and openly if your friend is thinking about suicide. You're sending your friend the message that they don't have to hide their suicidal feelings from you.

LISTEN

Encourage your friend to talk about what has been bothering them, and listen without judgment.

GET HELP

Often, the most important thing you can do may be to help your friend find help. Ask your friend who they would like to go to and accompany them. Find a responsible adult such as a parent, teacher, counselor, pastor, or any other trusted adult in their life.

PRESERVE LIFE, OVER FRIENDSHIP

Never promise to keep anything a secret. Ask a trusted adult for help. Don't worry about your friend being mad. It is better to have your friend mad, than gone forever. The fact that your friend is willing to talk to you means they ***want*** you to get help for them.